

PUBLIC HOSPITAL DISTRICT NO. 2 OF SNOHOMISH COUNTY, WASHINGTON

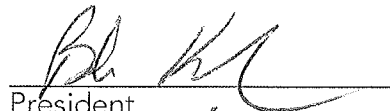
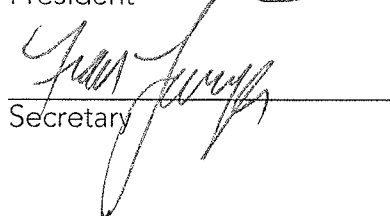
SPECIAL MEETING

June 28, 2013

Lynnwood Convention Center Meeting Room

Commissioners Present	Bob Knowles, President Deana Knutsen, Commissioner J. Bruce Williams, MD, Commissioner Karianna Wilson, Commissioner
Commissioners Excused	Fred Langer, Commissioner
Staff	Carl Zapora George Kosovich Lisa King Jennifer Piplic Karen Goto
Guests	Michael Shadow, Shadow & Associates
Call to Order	The Special Meeting of the Board of Commissioners was called to order by President Knowles at 12:17 p.m.
Training	Training led by Michael Shadow on public speaking and media.
Special Meeting	Commissioners held a discussion on various topics including real estate acquisition, Blue Zones, access to healthcare programs and a review of 2013 goals (E:37:13). No action was taken.
Adjourn	The meeting was adjourned at 4:40 p.m.

Attest By:


President

Secretary

Public Hospital District #2
Board Special Meeting Agenda

JUNE 28, 2013
12:00 to 5:00 PM

Lynnwood Convention Center

- | | | |
|---|----------------|----------------|
| 1. Call to Order | Fred Langer | 12:00 |
| 2. Lunch | | 12:00 to 12:30 |
| 3. Public Speaking & Media Training | Michael Shadow | 12:30 to 3:00 |
| 4. Break | | 3:00 to 3:15 |
| 5. Commissioner Discussion | All | 3:15 to 5:00 |
| <ul style="list-style-type: none">• Building Update• Blue Zone Update• Discussion on access to healthcare programs• Review of 2013 Goals | | |
| 6. Adjourn | Bob Knowles | 5:00 |

Blue Zones Committee

Organization

(Attended Nashville meeting)

<u>Organization</u>	<u>Name</u>	<u>Title</u>	<u>Email</u>
City of Lynnwood - Parks & Rec.	Lynn Sordel	Director-Parks, Recreation and Cultural Arts	Isordel@ci.lynnwood.wa.us
City of Lynnwood - Mayor	Don Gough	Mayor	dgough@ci.lynnwood.wa.us
City of Lynnwood - Wellness	Marielle Harrington	Healthy Communities Coordinator	mharrington@ci.lynnwood.wa.us
Edmonds Community College	Pat Copeland	Dean, Health & Human Services	pcopelan@email.edcc.edu
Edmonds Family Medicine	Marcy Shimada	CEO	marcy.shimada@psfp.net
Institute for Fitness and Health	Joe Piscatella	CEO	joe@joepiscatella.com
Premiera Blue Cross	Scott Forslund	Director, Strategic Communications	scott.forslund@premera.com
Swedish/Edmonds	Sarah Zabel	Admin. Director, Operations and Integration	sarah.zabel@swedish.org
University of Washington, Bothell	David Allen	Director, Nursing and Health Studies	dallen@uwb.edu
University of Washington, Bothell	Mabel Ezeonwu	PhD, RN, Assistant Professor	mezeo@u.washington.edu
Verdant Health Commission	Deana Knutsen	Commissioner Public Hospital District	djknutsen@gmail.com
Verdant Health Commission	Bob Knowles	Commissioner Public Hospital District	teamknowles@comcast.net
Verdant Health Commission	Carl Zapora	Superintendent	carl.zapora@verdanthealth.org
Verdant Health Commission	George Kosovich	Director Program & Community Investment	george.kosovich@verdanthealth.org
Verdant Health Commission	Jennifer Piplic	Director Marketing & Communications	jennifer.piplic@verdanthealth.org
Volunteers of America	Bob Reese	Regional Exec. VP	breese@voawww.org
YMCA Greater Seattle	Linna Dossett	Senior Director, Healthy Living	lverhei@seattleyymca.org

(Additions)

Celebrate Edmonds	Carolyn Douglas	CEO Carolyn Douglas Communications	mecarolynd@msn.com
Celebrate Edmonds	Jeanette Turner	Managing Director EPIC Literary Series	turner_email@comcast.net
City of Edmonds	Carrie Hite	Dir. Parks, Rec. & Cultural Services	carrie.hite@ci.edmonds.wa.us
City of Mountlake Terrace	Jeff Betz	Recreation Manager	jbetz@ci.mlt.wa.us
Economic Alliance Sno. Cty.	Shannon Affholter	VP Business & Economic Development	shannona@economicaliancesc.org
Edmonds School District	Nick Brossoit	Superintendent	brossoitn@edmonds.wednet.edu
Edmonds School District	DJ Jakala	Community Relations Manager	jakalad@edmonds.wednet.edu
Senior Services of Snohomish Cty.	Jim Steinruck	CEO	jsteinruck@sssc.org
Snohomish Health District	Dr. Gary Goldbaum	President & CEO	ggoldbaum@shd.snohomish.wa.gov
Verdant Health Commission	Lisa King	Director Finance & Administration	lisa.king@verdanthealth.org
YMCA of Snohomish County	Scott Washburn	President & CEO	swashburn@ymca-snococo.org
YMCA of Snohomish County	Patsy Cudaback	Operations Executive	pcudaback@ymca-snococo.org
YMCA of Snohomish County	Andrea Weiler	Healthy Living Director	aweller@ymca-snococo.org

E: 37:13
6.28.2013

	A	C	C	D	E	F	G	H
				Built Environment	Exercise/ Movement	Stress	Nutrition	Purpose/ Community
1	Verdant Funded Programs Connected to Blue Zones							
2	Edmonds School District Move 60!	\$ 382,188	\$ 315,466		X			
3	3rd Grade Swim Lessons	\$ 137,430	\$ 137,430		X			
4	Boys & Girls Club Healthy Habits	\$ 111,939	\$ 111,939		X		X	
5	City of Lynnwood Move 60: Teens!	\$ 77,468	\$ 77,468		X			
6	City of Lynnwood Get Movin'	\$ 52,250	\$ 52,250		X			
7	Cascade Bicycling Club Advanced Basics	\$ 32,000	\$ 32,000		X			
8	American Diabetes Association Stop Diabetes	\$ 50,000	\$ 50,000		X		X	
9	Senior Services Center for Healthy Aging	\$ 285,747	\$ 560,240		X	X	X	X
10	Center for Human Services Youth Counseling	\$ 162,284	\$ 162,284			X		
11	Program for Early Parent Support (PEPS)	\$ 40,000	\$ 40,000					X
12	YWCA Mental Health Counseling	\$ 25,000	\$ 25,000			X		
13	Cascade Bicycling Club Policy Project	\$ 45,000	\$ 25,000	X				
14	Total	\$ 1,401,306	\$ 1,589,077					
15	Internal Programs							
16	6 Weeks to a Healthier You	\$ 80,000			X	X	X	
17	Total Internal Programs	\$ 80,000	\$ -					

Program Payout Schedule (June 2013)

A			B	C	D	E
Access to Healthcare Programs			2013	2014	Services provided	Target population
1						
2	Little Red Nurse Family Partnership	\$ 264,000	\$ -		Nurse home visiting support of teen parents and infants	Infants & parents
3	Wonderland Development Center	\$ 45,000	\$ 135,000		Physical/occupational therapy and family support	Young children with developmental delays & parents
4	Project Access Northwest	\$ 80,000	\$ 66,667		Case management & coordination of volunteer specialty care	Low-income & uninsured
5	Community Health Center ER Diversion	\$ 100,000	\$ 100,000		Case management, connection to ER alternatives/primary care	Low-income & uninsured
6	PSCC Edmonds Mobile Medical Clinic	\$ 75,000	\$ -		Direct medical services, with a focus on chronic health conditions	Low-income & uninsured
7	Medical Teams Intl. Mobile Dental Program	\$ 48,000	\$ 48,000		Direct dental services	Low-income & uninsured
8	YWCA Mental Health Counseling	\$ 25,000	\$ 25,000		Counseling services	Low-income & uninsured
9	Prescription Drug Foundation	\$ 29,167	\$ 50,000		Access to low-cost and free prescriptions	Low-income & uninsured
10	Edmonds Senior Center Enhanced Wellness	\$ 61,695	\$ 61,695		Nurse & social worker assistance with chronic health issues	Seniors
11	Senior Services Care Coordination	\$ 100,875	\$ -		Coordination with hospital/EMS and link to social services	Seniors & adults with chronic conditions
12	Senior Services Center for Healthy Aging	\$ 285,747	\$ 560,240		Comprehensive support services: dental, chronic health disease support, I&A, transport, etc.	Seniors & adults with chronic conditions
13	EdCC Student Health & Wellness Program	\$ 70,273	\$ 136,216		Substance abuse support, connection to health education, access, and support	Students at EdCC, w/focus on students in need
14	Center for Human Services Youth Counseling	\$ 162,284	\$ 162,284		Counseling services	Teens
15	Total	\$ 1,347,040	\$ 1,345,102			

2013 Goals and Action Plan

A. Goals

1. Develop business plan for viability for Community Wellness center
2. Develop overall strategic Community Investment/Wellness Road map
3. Develop Communication Plan and tools for commissioners
 - PPT for presentations
 - Consistent messaging on levy
4. Develop Commission Professional Development Plan
 - Media Relations, including Crisis Management
 - Foundation governance

B. Action Plan/Milestones

January

- Hold board nominations and election (Done)
- Assign board members to committees (Done)
- Complete letter to Swedish/Providence (Done)
- Strategic Oversight Committee Meeting (Done)
- Committee charter updates go to committees for review, then to the Executive Committee, and to the full board for approval. (Done)

February

- Review professional development plan including media/crisis training, foundation training (Done)
- Evaluate overall real estate portfolio (Pending)

March

- Hold special board meeting – “Program deep dive” (Done)

April

- Develop direction on Wellness Center (In process)

May

- 6 Weeks to a Healthier You (Done)

June

- Finalize building plan with Swedish/Providence (Done)
- Review Community Needs Assessment (To Board in July)

3 rd Quarter 2012	4 th Quarter 2012	1 st Quarter 2013	2 nd Quarter 2013	3 rd Quarter 2013	4 th Quarter 2013
2013 budget - DONE	VHC Office building		RFP-Auditors - DONE	Investment Policy	Building Build-Out & Move
Online presence - DONE			April - financial metrics & Investment policy	July - financial metrics	
Community engagement - DONE	Print publications - DONE	Outreach with health interns - UW Bothell	6 WHY 2013	Review community needs assessment	
S/E project (HTC)	State audit - Week of December 3rd - DONE	6 WHY	Complete Needs Assessment	Broader health & wellness vision council	
Needs assessment RFP - DONE	6 Weeks follow-up - DONE	Online Web Development	Online Web Development	VHC Contact Resource Management with website (?)	
Blue Zone	2013 budget - DONE	PFJ Office lease expiration - DONE	State Auditors - DONE	RFQ for VHC Office Building	
Center for Healthy Aging	Online Web Development	January/February - Approval of Revised By-Laws - DONE	VHC Office Building	Building Assessment & Design	
Plans for 6 Weeks 2013	S/E project (HTC)	February - Approval of Revised Committee Charters after Committee review and Exec Committee review) - DONE	Revised Annual Plan @ Board Retreat		
Pertussis	Needs Assessment	Review professional development plan including media/crisis training - TBD	IT Fixed Asset Audit with S/E		
UW Bothell Project Team - Needs assessment ?	Blue Zone - ???	Evaluate overall real estate portfolio (HTC)	Media/Crisis/Public Speaking Training		
	Center for Healthy Living	Special Board Meeting for In-Depth Program Review - 3.21.2013 - DONE	Study Session (DONE) Sobering/Detox Center - January 2014		
	Plans for 6 Weeks 2013 - DONE	Pertussis Campaign Evaluation	Blue Zone Type		
	Board Retreat - DONE	State Auditors - DONE	Finalize building plan with Swedish/Providence		
		Moss Adams audit - DONE			